1. "No, you cannot do that" does not exist, it's you choosing to delude yourself that it does! Even blaming reason as authority is bad faith since you had literal control over your choice as an uncaused cause with which you in resentful and weak spirit decided to choose reason as your authority.

2. Always reject becoming a subject of authority. As opposed to pasivity, choice is rejection of authority and therefore also don't become subject of philosophy/idealization of past. Don't live in bad faith! Don't become a subject of even any characteristics assigned in past.

3. Losing all hope is freedom. Kill hope!

4. Always question your beliefs and notions because most of them were chosen when you were lacking the current emotional/logical/informational growth.

5. Nobility is rare and it's strength is exactly why it reigns (as opposed to slave moral belief that it's dependent upon privilege although it is true but it's not noble but mediocrity then). Any society where noble individuals are born , they rule because they possess a special state of passion that differentiates and advantages them over the herd. That is of death drive (spirit), the narcissistic lust and pure vital passion in spirit to achieve your goal valuing it more than the life of deathful passivity.

6. Bad Faith is result of denial of your "facticity". The detetminists deny their self-caused indeterminate spirit and nothingness of their being that leads to their disposition towards assuming essence and submission to authority. Similarly, denying (not choosing to) the reality of your body, brain and environment that isn't an uncaused cause leads to Bad Faith. Because even though it is not you, it belongs to and affects you.

7. Ego is neither absolutely good nor bad. It makes life beautiful but can also lead to decadance and we must therefore understand when to abandon it for action. Superego that results from ego is a double edged sword the damage of which can only be resisted by Dionysian free-spirit.

8. There is no free-wish but there is a free choice! "will" on the other hand is an old christian construct that only creates confusion using language. We don't always do something because we will or have drive to do it. There are two situations "submission" or the animal-spirit and "free-spirit" that is unique to humans. In submission you become subject of authority and forget that you can choose to reject it and therefore become unfree and driven by desires/self-preservation like animals. In free-spirit you reject submission to authority and choose "authenticity" instead. You choose freely without any determining cause as assuming no-being/nothing. The wish or desires exist and are external but as opposed to

submission , in free-spirit you choose freely weather to be influenced by them. The word "will" only creates confusion for free-spirit situation because it assumes that wishing is the same as freely choosing and neglects the freedom to reject driving forces and to freely choose with yourself as an uncaused cause. Free spirit requires constant consciousness of one's freedom of choice. There are human beings who possess this free choice and spirit because they are able to reject authority due to their circumstances but it's bad faith and denial of facticity that others truly are unfree like animals and it is precisely because we have evolved from them that we too are domesticizable under authority. Only ones able to deny authority are free.

9. Another more important factor for free choice is the anhilation of inertia/self-preservation drive by virtue of one's ability to choose freely without succumbing to pain as a resistance. The Dionysian is free precisely because he has destroyed this drive and resists against the superego by embracing extreme suffering and ecstasy. The free-spirit that lives authentic life in opposition to authority of others is Dionysian. There is no Apollonian or any tragedy in him, It's just that the Dionysian does not remain mindless creation from destruction but can also be selfish creation from destruction if that is what he chooses being the uncaused cause of his actions. Dionysian is quality of man and therefore defined by him, Dionysus is not some external real entity but a representation of unnatural potential found in man. Dionysian is the exclusive quality of noble men of free-spirit! There never was any Apollonian or any tragedy required for nobleness, Apollonian is just inertia in nature and those Socratic people of superego aren't alive because they're like animals driven by self-preservation. Dionysus is an unnatural force found only in humans of excess.